

NAME

DATE

Inner Child

**FILL OUT ONE WORKSHEET PER VISIT.
NEGOTIATE WITH YOUR CHILD ABOUT HOW OFTEN TO VISIT.**

- Relax and scan your body. Do you feel this child somewhere in or around your body?
- What do they feel like?
- What do they look like?
- How are they emotionally, physically, psychologically?
- Size + age:
- Are they okay with you approaching right now? If it is helpful for you or them, you can bring another human or animal in with you for more support.
- How are they looking at you?
- What would they like from you?
- Is this something you are open to giving?
- If so, how does it feel to you to meet this child's need?



Inner Child

- How does it feel for them?
- Do they need anything else?
- Is there anything they would like to tell you, show you, or otherwise unburden?
- Make sure they feel fully seen, heard, and appreciated. Anything or anyone dangerous or threatening is not allowed in this space. You can keep them out with a protective bubble or freeze them and send them as far away as you like.
- Is your little one where they want to be or would they rather be somewhere else? If somewhere else, can you take them there?
- Notice how they feel to be where they want to be.
- Notice how your adult body feels. If it is a pleasant feeling, see if you can receive and open to the feeling 1% more. If it is an unpleasant feeling, ask yourself if you need to repeat this process with the same or another inner child.
- What is your message and promise to this little one as you say goodbye for now?
- Allow yourself to slowly look around the room, returning fully to your adult self in the here and now.



Inner Child

DRAW YOUR CHILD

DANCE YOUR CHILD

Dance with your child. How do they move? What kind of music do they like?

SING YOUR CHILD

Let your child sing through you OR sing to your child. Take notes about what they like here.



Inner Child

OFTENTIMES, AS YOU BUILD A RELATIONSHIP WITH YOUR INNER CHILD, YOU WILL FIND YOURSELF REACTING TO SITUATIONS DIFFERENTLY.

Make any notes about life or action shifts below.